

The logo for Bridgend Carers Centre features a stylized circular emblem with blue and yellow curved segments. The text 'BRIDGEND CARERS CENTRE' is centered within the emblem.

BRIDGEND  
CARERS  
CENTRE

# RUNNING GROUP

New group starts 01/02/22

- **Couch to 5K**
- **Progression**
- **Meet new people**



**New? Nervous? Unfit? Uncertain?**

Contact Rhiannon for more information  
07876872235 or 01656 658479

MEET OUTSIDE HALO  
TUESDAYS 11.30 AND FRIDAYS 11.30

Partner Rhwydwaith o

**YMDDIRIEDOLAETH  
GOFALWYR**

A Network Partner of

**CARERS  
TRUST**